

Experiences Related to Fitness & Sport

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

A high school physical education teacher reports on the use of *Metamusic*, “Some of the students were closing their eyes and getting into their weightlifting. At the same time, their technique while lifting was superb. Generally, they tend to get sloppy while lifting and I believe the music helped them concentrate and perform better. Their overall attentiveness greatly improved, and the actual rotating went more smoothly than ever before. Students behaved with confidence and didn’t need to ask where the next station was.”

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